



Message from the CEO

Carol Carew

November is a busy time. I hope you will come to our Senior Health Fair. (See right). This is always a fun-filled event and this year we have some unique features, such as the Scottish Country Dancers and a consultant who can help you with your smart phone. Also, if you have not had your flu shot yet, we are having a flu clinic during the fair.

November 1st starts the Affordable Care Act period for open enrollment in the Health Insurance Marketplace. To be insured beginning January 1, 2019, you will need to enroll soon. Open enrollment goes until Dec. 15.

If you are insured through the Marketplace and you need to renew your plan - or find a new one - or if you are uninsured, our Certified Application Specialist, Brooke, can help you. Call her directly at 207-469-7371, ext. 289.

Also, Medicare open enrollment is Oct. 15 to Dec. 7. Check your Part D plan to make sure that it is still serving you well and that your medications are covered because they can change every year. Need assistance? Brooke is certified to help you with your Medicare questions as well.

Finally, the Great American Smoke-Out is Nov. 15. If you are a smoker, this is a great day to quit. Thousands of smokers have quit over the years, you can be one of them. We can help.

Carol

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.



We are hiring ...

BRHC - Ellsworth Location, Coastal Health Center,
37 Commerce Park

- Nurse Practitioner (FNP)

Bucksport location, 110 Broadway, Bucksport

- Dentist (Part-time)
- Chief Operating Officer

Apply with a cover letter and resume to:
dadams@bhrcme.org

BRHC is an Equal Opportunity Provider and Employer.

BRHC Health Beat

Meet Our Team: Heather Gosselin, LCSW

Heather is a Licensed Clinical Social Worker with 15 years experience helping children and families work through issues, including trauma, mental health conditions, and cancer. Heather enjoys spending time outdoors with her husband and two children. This summer, they visited Niagara Falls.



Senior Health Fair

November 28 - 9 am to 12 pm

It's time for our Annual Senior Health Fair. Just take a look at all that we are doing! This is the only senior fair in the area so bring your friends and meet all the vendors, enter to win prizes, and just have a great time! Below is just a sample of what you can expect at the fair.

- Scottish Country Dancing
- Bone Builders and Tai Chi demonstrations
- Drug Take-Back for your unused or expired meds
- Learn how to use your smart phone
- Last Call Flu Clinic
- Medicare consultations and help with Advanced Directives
- **Vendors, health screenings, prizes, giveaways and more!**

Trivia Question

See answer on the back

You just had a fasting blood glucose test that measured your blood sugar after a night of not eating or drinking. Your result was 120. A fasting blood glucose with this result indicates:

- A. Normal blood sugar levels
- B. Pre-diabetes and a high risk for developing type 2 diabetes
- C. Diabetes





Martha's Menu

Martha Cole, MS, RDN, LD

Spaghetti Squash Asparagus Pie

Courtesy:
whatscooking.fns.usda.gov

This “pie” has a secret ingredient for a crust – spaghetti squash! Cut loads of calories, fat and refined carbohydrates, and add fiber and vitamins C and B-6 by swapping traditional pie crust for this tasty alternative. Add as a healthy side dish for Thanksgiving or eat the next morning for a protein-packed breakfast.

Ingredients

- 1 spaghetti squash, halved and seeds removed
- 2 teaspoons olive oil
- 1/2 cup peeled and diced yellow onion
- 1 bunch asparagus, ends removed, cut into 1-inch pieces
- 3 garlic cloves, peeled and minced
- 5 large eggs
- 1 cup low-fat milk or skim milk
- 1 cup shredded low-fat cheese
- Salt and pepper to taste (to taste)

Directions

Preheat the oven to 400°F and grease a 9-inch cake or pie pan. Place the squash, cut side up, on a large baking sheet, and bake for about 50 minutes, or until tender. Set aside to cool slightly.

In a large sauté pan, heat the olive oil over medium heat. Add the onion and sauté for 3 minutes. Add the asparagus and garlic and sauté for about 5 minutes, or until the asparagus is soft and bright green. Remove from the heat and set aside to cool.

In a large bowl, whisk together the eggs, milk, cheese, salt, and pepper, then add the cooled onion-asparagus mixture and stir to combine.

Using a fork, scrape the strands from the spaghetti squash and transfer to the bottom and sides of the greased cake pan, creating an even crust.

Press paper towels onto the crust to remove any excess moisture (or you can wring the squash out ahead of time). Pour the egg mixture onto the “crust” and bake for 40 minutes, or until the pie is firm and not wiggly.

Enjoy!

Source: The 2015 Healthy Lunchtime Challenge Cookbook

November is National Diabetes Awareness Month

From healthfinder.gov

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Am I at risk for type 2 diabetes? You may be at risk for type 2 diabetes if you:

- Are over age 40
- Are overweight or obese
- Have a parent or sibling with diabetes
- Are African American, Hispanic or Latino, Native American, Alaska Native, Asian American, or Pacific Islander
- Have had gestational diabetes or given birth to a baby who weighed more than 9 pounds
- Have polycystic ovary syndrome (when a woman's body produces more male hormones than normal)
- Have high blood pressure or high LDL (“bad”) cholesterol
- Are physically active less than 3 times a week
- Have prediabetes (when your blood glucose levels are high but not high enough to mean you have diabetes)

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes.

These changes include: eating healthy, getting more physical activity, and losing weight.

Visit the American Diabetes Association at www.diabetes.org for tips on preventing or managing diabetes.

The Trivia Question Answer

B Prediabetes. Talk with your provider about your result and steps you can take to prevent or delay type 2 diabetes. Your provider may also have tested your A1C, which measures your average blood glucose over the past couple of months.

